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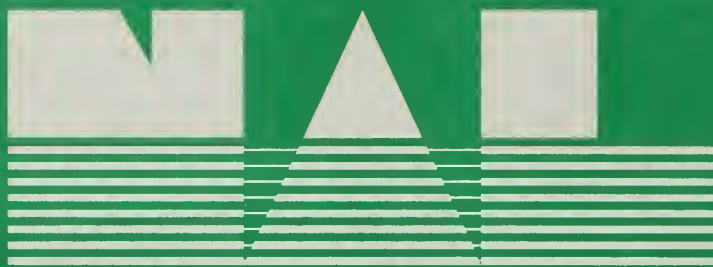


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Agricultural Research Service  
UNITED STATES DEPARTMENT OF AGRICULTURE

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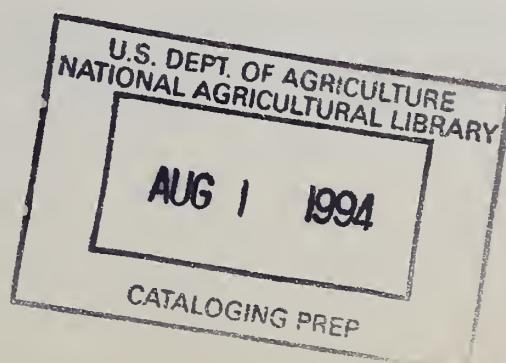
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## INTRODUCTION

To homemakers in Eastern Mediterranean countries the terms "bulgur" and "pilaf" require no introduction. Bulgur wheat has been their "staff of life" for centuries. Many of these nations use their cereals in hearty soups and pilafs rather than in leavened baked products such as our breads. Bulgur is wheat which has been first soaked in water, then cooked in steam or water under pressure or at atmospheric pressure. It is dried and the bran is partially removed. The kernels may be left whole or milled to the desired size. In population centers of Middle Eastern ancestry, dry bulgur is often sold in several particle sizes--fine, medium and coarse grinds. It is also marketed in limited areas in a ready-to-use canned form.

In the interest of wheat utilization the U. S. Department of Agriculture's Western Regional Research Laboratory developed the canned form of bulgur wheat and with it a canned wheat pilaf, both ready-to-use products. The unseasoned canned bulgur may be used in countless preparations, ranging from a hot breakfast cereal, through soup, entrée, meat accompaniment, salad and dessert dishes. The canned pilaf is flavored with chicken broth, onions, herbs and seasonings. It may be used as an accompaniment to the main course or as a ready-seasoned stuffing for poultry, meats, or vegetables.

Both products are ready to use after heating for a few minutes with a little added water. These products caught the interest of members of the Kansas Wheat Commission, who sponsored a market test, conducted by Agricultural Marketing Service personnel in Wichita, Kansas in 1961.

In cooperation with the market test Western Laboratory devised some familiar basic recipes that include bulgur in order to provide a ready association of bulgur wheat with well-known American dishes. Later, regional favorites were added. When bulgur wheat assumed an important role in the Food for Peace Program the use of bulgur in international dishes was investigated. Once the homemaker becomes familiar with the countless applications of bulgur wheat in food preparation, she will discover that she can use it in many of her family's favorite dishes. Western Laboratory has now converted about a dozen of these recipes to formulations for canned products. A wide line of canned bulgur specialties is possible--all of them in ready-to-serve form after a few minutes' heating.

The nutritive value of processed bulgur is comparable to that of whole wheat. For this reason bulgur is a nutritious extender for meat, poultry, or fish in recipes such as meat loaf, hamburgers, Swedish meat balls, turkey hash and salmon loaf. In the meat loaf and hamburgers, the texture and particle size of whole-grain bulgur closely resemble those of ground beef.

This report was prepared in the Western Regional Research Laboratory, Albany 10, California--headquarters of the Western Utilization Research and Development Division, Agricultural Research Service, U. S. Department of Agriculture.







## BULGUR RECIPES

Marjorie Heid

Bulgur is now marketed in two forms: dried bulgur and ready-to-use canned bulgur. The two types can be used interchangeably in most recipes. One cup of the dried bulgur, when cooked according to package directions, makes 2-1/2 to 2-3/4 cups cooked bulgur. One thirteen-ounce can of bulgur prepared according to directions on the can makes 2 to 2-1/2 cups of prepared bulgur. In certain recipes, the dried bulgur may be used without precooking and this is indicated in the directions.

\* \* \* \* \*

### ARMENIAN TANABOUR - MADZOOK SOUP

Heat in saucepan: 1 tablespoon butter or margarine

Add: 1/4 cup chopped onion

Simmer over low heat until onions are straw-colored.

Add: \*1/2 cup dry bulgur  
4 cups chicken stock

Simmer for 25 minutes.

Beat together: 1-1/2 cups madzoon (yogurt)  
1 egg

Stir into soup; keep below boiling temperature.

Add: 2 tablespoons minced parsley  
3/4 teaspoon salt  
1/8 teaspoon white pepper  
1/2 teaspoon finely chopped mint

Serve at once if to be served hot. For a refreshing hot weather soup, chill in refrigerator and serve cold. If a thinner soup is desired, add more chicken stock.

Makes 6 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 cup canned bulgur; decrease chicken stock to 3 cups and heat to simmering; then proceed with recipe.

## ARMENIAN TARGHANA SOUP

### Bulgur Balls

Heat to steaming in double  
boiler:

3/4 cup milk

Remove from heat.

Add:

\*1-1/4 cups fine dry bulgur  
or canned cracked bulgur  
1 tablespoon minced onion

Cover and let stand 3 to 5 minutes.

Beat together, then stir in:

1 egg  
1-1/4 cups yogurt

Cover and refrigerate for several hours.

Knead mixture for 10 to 15 minutes, wetting hands with cold water to prevent sticking. Shape into balls the size of an acorn.

\*If the dry bulgur is not available in fine grind, use the regular dry bulgur; increase milk to 1 cup and let stand until all milk is absorbed, about 1 hour.

### Soup

Heat in sauce pan:

2 quarts chicken stock

Add and simmer for  
about 15 minutes:

1-1/2 cups diced celery  
1 cup shredded carrots  
1/2 cup chopped onion  
1 teaspoon salt  
1/8 teaspoon pepper

Add:

bulgur balls

Cover and continue to simmer gently for about 10 minutes.

Makes 6 to 8 servings.

# BEEF-VEGETABLE SOUP WITH BULGUR

Simmer together for  
2 to 3 hours:

2-1/2 quarts water  
1-1/2 pounds beef neck  
1 to 2 pounds beef knuckle bones

Remove meat and bones and skim off all fat.

Add:

1 cup dry or 1 can (13 ounces) bulgur  
1 cup diced or shredded carrots  
1/2 cup chopped onions or leeks  
1 cup sliced celery  
1/4 cup snipped parsley  
2 to 3 teaspoons salt  
1/4 teaspoon pepper  
1/8 teaspoon powdered cloves  
1/2 teaspoon fines herbes

Cover and continue cooking until vegetables are tender, about 10 minutes.

Remove all meat from bones; dice and return to soup mixture.

Stir in:

1 can (10-1/2 ounces) condensed cream  
of mushroom or cream of tomato soup

Heat to boiling.

Makes about 2-1/2 quarts soup.

# CREOLE CRAB BULGUR GUMBO

Heat in saucepan:

3 tablespoons butter

Add and simmer over low  
heat about 10 minutes:

1/4 cup diced green bell pepper  
1/4 cup chopped onion

Add and simmer gently  
for about 15 minutes:

1/2 cup dry or 1 cup canned bulgur  
1-1/2 cups sliced okra  
1 quart chicken stock  
1 can (1 pound) tomatoes  
2 tablespoons chopped parsley  
1-1/2 teaspoons salt  
1/2 teaspoon pepper  
1/8 teaspoon fines herbes  
few grains cayenne pepper

Add:

1 to 2 cups crab meat, fresh-cooked  
or canned

Continue to simmer for about 5 minutes.

Makes 6 to 8 servings.



# SCOTCH BROTH WITH BULGUR

Simmer together for

2 to 3 hours:

2-1/2 quarts water

2 pounds lamb shanks

Remove meat and bones and skim off all fat.

Add:

1 cup dry or 1 can (13 ounces) bulgur

1 cup diced or shredded carrots

1/2 cup chopped onions or leeks

1 cup sliced celery

1/4 cup snipped parsley

2 to 3 teaspoons salt

1/4 teaspoon pepper

1/2 teaspoon curry powder (optional)

Cover and continue cooking until vegetables are tender, about 10 minutes.

Remove all meat from bones; dice and return to soup mixture.

Blend together

over low heat:

2 tablespoons butter or margarine

4 tablespoons flour

Slowly stir in about 2 cups of the soup mixture, then stir into remaining soup mixture. Continue cooking until soup is thickened, about 3 minutes.

Makes about 2-1/2 quarts.

## ARMENIAN HARPOOT KUFTA - STUFFED MEAT BALLS

### Filling

Sauté over moderate heat  
until fat renders:

1/2 pound lean ground lamb

Add:

1 medium onion, chopped

Cook slowly for 30 minutes.

Add:

2 tablespoons chopped green bell pepper  
1 tablespoon chopped parsley

Cook 10 minutes.

Add:

1/8 teaspoon chopped mint leaves  
1/4 teaspoon basil  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon cinnamon  
1 tablespoon chopped pine nuts (optional)

Cook 5 minutes. Chill, then form into small balls about 3/4-inch in diameter.

### Keyma - Outside layer

Combine:

\*1/2 cup fine dry bulgur  
1/2 pound lean ground lamb  
2 tablespoons chopped onion  
1 tablespoon chopped parsley  
1/2 teaspoon salt

Knead like dough for 20 minutes, adding cold water a little at a time, until mixture holds together. Dip hands in cold water frequently to prevent sticking. Make balls the size of a walnut. Make a dent in the middle of each ball with thumb. Insert the small ball; bring open edges of the outer layer together to close; seal and smooth the surface with wet fingers. The thinner the outside wall, the better. Make a broth of the lamb bones; season to taste. Heat to boiling; drop in the kuftas, cover and simmer about 20 minutes. When the kuftas rise to the surface they are done. Serve with or without the broth.

Makes 6 servings.

\*If the bulgur is not available in fine grind, combine 1/2 cup regular grind and 1 cup boiling water; let stand until all water is absorbed, about 1 hour, then proceed with recipe.

# ARMENIAN KABOURGA - STUFFED RACK OF LAMB

## Filling:

Heat in skillet: 1 tablespoon butter or margarine

Add: 1 cup chopped onion

Sauté over moderate heat until onions are straw-colored.

Add: 1 cup dry bulgur  
1/2 cup chopped green bell pepper  
2 tablespoons chopped parsley  
1/2 teaspoon allspice  
1/4 teaspoon cinnamon  
1 teaspoon salt  
1/4 teaspoon pepper  
1 tablespoon pine nuts  
1 to 2 tablespoons currants  
2 cups water or lamb broth

Cover and simmer until water is absorbed, 20 to 25 minutes.

Cut a pocket in: 3 to 4 pound rack of lamb.

Fill pocket with filling mixture and fasten with skewers or sew. Place meat in baking dish, fat side up.

Pour over meat: 1/2 cup tomato sauce  
1/2 cup water

Cover and bake in moderate oven, 325° F. for 1-1/2 hours. Uncover and continue baking until meat is tender and nicely browned.

Makes 6 to 8 servings.



# ARMENIAN KHEEMAH - RAW MEAT PLATTER

Combine:

\*1 cup fine dry bulgur or canned  
cracked bulgur

1 cup freshly ground lean lamb  
(preferably from leg)

few grains cayenne pepper

Knead together like dough, adding a little water at a time; knead and wet until the meat and bulgur stick together in a glistening rosy pink mass, at least 10 minutes.

Knead in:

1 tablespoon minced, green bell pepper

1 tablespoon minced parsley

1 tablespoon minced green onion

Shape into mound on platter; sprinkle with additional minced green pepper, parsley and green onion, and garnish with water cress. Serve at once.

Makes 6 servings.

This dish is often served as an appetizer, or as a main dish at picnics and gatherings. Portions are scooped up on crackers or bread.

\*If the dry bulgur is not available in fine grind, combine 1 cup regular dry bulgur and 2 cups boiling water; let stand until all water is absorbed, about 1 hour, then proceed with recipe.



### BULGUR MEAT LOAF

Blend: 2-1/2 cups cooked or canned bulgur  
1 egg  
1-1/4 cups milk  
2 teaspoons salt  
1/4 teaspoon pepper  
1/4 to 1/2 cup chopped onion  
1/4 cup ketchup  
2 pounds ground beef

Turn into loaf pan or shape into loaf in shallow baking dish. If desired, spread surface with thin layer of ketchup. Bake in moderate oven, 325° F. for about 1 hour or until nicely browned.

Makes 10 to 12 servings.

### BULGUR PATTIES

Heat in skillet: 1 tablespoon butter or margarine

Add: 3 tablespoons chopped onion

Sauté until onions are lightly browned.

Add: \*1 cup dry bulgur  
1/2 teaspoon salt  
2 cups water

Cover and cook over low heat until all water is absorbed, 20 to 25 minutes, stirring several times. Remove from heat.

Blend in: \*\*2/3 cup condensed cream of chicken soup  
1 teaspoon salt  
1/8 teaspoon white pepper  
1 egg  
\*\*1-1/2 cups finely diced chicken

Form into 12-16 patties.

Dip each patty in: beaten egg  
Then in: crisp cracker crumbs

Sauté in butter or margarine until golden brown on each side.

Thin remainder of can of soup to desired consistency with milk or chicken stock and serve as a sauce over patties.

Makes 6-8 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur, reduce water to 1/2 cup, then cover and cook over low heat until all water is absorbed.

\*\*Condensed cream of mushroom soup and any left-over diced meat, poultry or fish, canned salmon or tuna fish may be used in place of the cream of chicken soup and the diced chicken.

### BULGUR SALMON LOAF

Blend:

- 2-1/2 cups cooked bulgur or 1 can (13 ounces) bulgur
- 1 can (16 ounces) salmon, drained
- 2 eggs
- 1/2 cup liquid (salmon liquid plus milk)
- 2 tablespoons lemon juice
- 2 tablespoons pickle relish
- 1/4 cup chopped onion
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Turn into loaf pan and bake in moderate oven, 350° F. for 3/4 to 1 hour.

Makes 6 to 8 servings.

\* \* \* \* \*

### BULGUR STUFFED PEPPERS

Blend:

- 2-1/2 cups cooked bulgur or 1 can (13 ounces) bulgur
- 1/2 pound ground fresh or left-over meat or sausage
- 1 cup meat or chicken stock or canned bouillon
- 1/2 teaspoon salt
- 1 teaspoon seasoned salt
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper

Cut in halves lengthwise,  
remove all seeds and white  
portions of:

3 to 4 green or red sweet bell peppers

Place in shallow baking dish.

Fill pepper halves with bulgur mixture.

Mix and pour over stuffed  
peppers:

- 3/4 cup tomato purée
- 3/4 cup meat stock or canned bouillon

Cover and bake in moderately hot oven, 375° F. for 30 minutes. Remove cover and continue baking for 40 minutes.

Makes about 6 servings.

# BULGUR SWEDISH CABBAGE ROLLS

Wilt for 5 to 10 minutes  
in hot water:

12 large cabbage leaves

Heat in heavy skillet:

3 tablespoons margarine or drippings

Add:

1/2 cup chopped onion

1/2 pound ground beef, veal or pork

Sauté over moderate heat until lightly browned.

Add:

2-1/2 cups cooked or canned bulgur

1/2 teaspoon salt

1 teaspoon seasoned salt

1/4 teaspoon pepper

1/4 teaspoon mace

1 teaspoon Worcestershire sauce

3/4 cup meat or chicken stock

Cover and cook over medium heat until liquid is absorbed. Mark mixture into 12 parts. Mound 1 part on each cabbage leaf. Roll up leaves starting with thick end; secure with toothpicks. Place rolls, sealed side down, close together in shallow baking dish. Dot each roll with 1/2 teaspoon margarine.

Pour into dish:

1 cup beef stock or tomato purée  
or combination of both

Sprinkle each roll with seasoned salt and dot with butter or margarine.

Bake in moderate oven, 375° F., basting occasionally, until cabbage is very tender and lightly browned, about 1-1/2 hours.

Makes 6 servings.



## BULGUR SWEDISH MEAT BALLS

Combine and mix:

- 2-1/2 cups cooked or canned bulgur
- 2 eggs
- 1 cup milk
- 3 tablespoons minced onion
- 1/4 teaspoon nutmeg
- 1-1/2 teaspoons salt
- 1/4 teaspoon Worcestershire sauce
- 2 pounds ground beef

Form into balls about 1-1/2 inches in diameter. Roll balls in seasoned flour.

Heat in large skillet: 1/3 cup butter or bacon drippings

Add meat balls and sauté over moderate heat until lightly browned on all sides. Remove to serving dish.

Blend with drippings in skillet: 2 tablespoons flour

Remove from heat; stir in:

- 1 cup meat stock or canned consomme'
- 1 cup sour cream

Bring to boil, stirring constantly. Season to taste with salt, pepper, and if desired, a little Worcestershire sauce and sherry. Pour over meat balls in serving dish.

Makes 12 to 16 servings.

BULGUR TURKEY HASH

Heat in saucepan: 1-1/2 tablespoons chicken fat

Add: 2 tablespoons chopped onion

Simmer for 3-4 minutes.

Blend in: 2 tablespoons all-purpose flour  
1 teaspoon salt  
1/2 teaspoon seasoned salt  
1/8 teaspoon white pepper

Remove from heat; stir in: 1/2 cup heavy cream  
1-1/2 cups chicken stock

Return to moderate heat; cook, stirring constantly until mixture thickens and comes to a boil.

Remove from heat.

Stir in: 2-1/2 cups cooked or canned bulgur  
3 cups finely chopped turkey  
1/2 cup finely chopped toasted almonds  
2 tablespoons sherry

Turn into shallow baking dish; top with Parmesan cheese and buttered crisp cracker crumbs. Bake in moderate oven, 350° F. for 30 minutes.

Makes 6 servings.

## BULGUR WITH MEAT SAUCE

Heat in heavy skillet: 1/4 cup oil

Add: 1/2 pound sausages cut in 1/2-inch lengths  
1/2 pound ground beef  
3/4 cup chopped onion  
1/4 pound sliced mushrooms  
1 cup thinly sliced celery

Sauté over medium heat until meat and vegetables are lightly browned stirring occasionally.

Stir in: 2 cloves garlic, finely minced  
2 cups tomato purée  
1 cup consomme or water  
1/4 teaspoon pepper  
1-1/2 teaspoons salt  
pinch of ground cloves  
1/4 teaspoon basil  
snip of bay leaf

Cover and bring to boil; reduce heat and simmer, stirring occasionally, until mixture is thickened, 40 to 45 minutes.

Prepare 2 cups dry or 2 (13 ounce) cans bulgur according to directions on package or can. Top with meat sauce and serve.

Makes 6 to 8 servings.



## CANTONESE CHICKEN WITH BULGUR TAIWAN

Heat in heavy skillet: 3 tablespoons oil

Add: 1 package (8 ounces) frozen Chinese pea  
          pods, cut in 1/2-inch pieces  
          1/2 cup sliced water chestnuts  
          1-1/2 cups sliced mushrooms  
          1/3 cup slivered almonds

Sauté over moderate heat for 2 minutes.

Add: 1-1/2 cups chicken stock  
1/2 teaspoon salt  
1/8 teaspoon white pepper  
1 teaspoon monosodium glutamate

Cover and simmer for 6 minutes.

Make a paste of:

	2 tablespoons cornstarch
	1/4 cup water

Stir into pea pod mixture.

Add: 2 cups sliced cooked chicken

Cook, stirring frequently, until mixture thickens and reaches a boil, 2-3 minutes. Serve over Bulgur Taiwan.

Makes 4-6 servings.

**BULGUR TAIWAN**

Heat in skillet:                      2 tablespoons butter or margarine

Add: 1/3 cup chopped onion  
1/2 cup minced celery

Sauté until onion is straw-colored.

Add:

- \*1 cup dry bulgur
- 2 cups chicken broth
- 1/2 teaspoon salt

Cover and simmer until all liquid is absorbed, 20 to 25 minutes.

Sprinkle lightly with:                      soy sauce

\*To substitute canned bulgur for dry bulgur, use 1 can (13 ounces) bulgur and decrease chicken stock to 3/4 cup. Simmer until all liquid is absorbed.



### CHICKEN CACCIATORE WITH PARMESAN BULGUR

Cut into serving pieces: 1 frying chicken (2 to 3 pounds)

Sprinkle pieces with: salt, pepper

Shake in paper bag with: 1/2 cup flour

Heat in heavy skillet: 1/4 cup oil

Add chicken pieces and sauté over moderate heat until golden brown on all sides; remove chicken pieces.

To oil in skillet, add: 1/2 cup green bell pepper, cut in thin strips  
1 cup sliced mushrooms or 1 can (4 ounces)  
2 cloves garlic, minced

Sauté over moderate heat until lightly browned. Return chicken pieces to skillet.

Add: 1 Number 303 can (1 pound) tomatoes  
1 can (6 ounces) tomato paste  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/4 teaspoon sweet basil

Cover and simmer over low heat until chicken is tender, about 1-1/2 hours. Serve with Parmesan Bulgur.

### PARMESAN BULGUR

Heat in skillet: 1 tablespoon butter or margarine

Add: 1/4 cup chopped onion  
1 clove garlic, minced

Sauté over moderate heat until onions are straw-colored.

Add: \*1 cup dry bulgur  
2 cups chicken stock

Cover and simmer over low heat until all liquid is absorbed, 20 to 25 minutes.

Stir in: 1/3 cup grated Parmesan cheese  
1 tablespoon minced parsley

Makes 4 to 6 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur and decrease chicken stock to 3/4 cup; cover and simmer until all liquid is absorbed.

# CODFISH BULGUR BALLS

Soak in cold water for  
3 hours:  
Drain.

1 pound shredded codfish

Combine:

1-1/2 cups fine, dry bulgur  
3 cups water  
\*drained codfish

Cover and cook over low heat until codfish is tender, about 30 minutes.

Add and mix:

2 eggs, slightly beaten  
1/4 teaspoon pepper

Form into balls about 1 inch in diameter. Fry in deep fat at 375° F. until golden brown. Drain on absorbent paper.

Makes 10 to 12 servings.

\*If codfish is in solid pieces cover with cold water and soak 3 to 8 hours, depending upon the saltiness of the fish. Change water several times. For packaged shredded codfish, follow directions on label.

## DUCK BIGARRADE WITH BULGUR à l'ORANGE

Cut into serving pieces: 1 duck, about 5 pounds

Dip pieces in mixture of: 1 cup flour  
1 teaspoon seasoned salt

Heat in heavy skillet: 1/3 cup butter or margarine

Sauté duck pieces over moderate heat until nicely browned, turning to brown on all sides. Remove duck from skillet.

Add to skillet: 1/2 cup chopped onions  
1 to 2 cups sliced fresh mushrooms or  
1 to 2 cans (4 ounces each)

Sauté until onions and mushrooms are lightly browned. Pour off all fat; return duck pieces to skillet.

Add: 1 cup orange juice  
\*2 cups duck or chicken broth  
1/2 teaspoon salt  
1/8 teaspoon white pepper

Cover and simmer over low heat until duck is tender, about 1-1/2 hours. Remove duck to serving dish.

Make paste of: 3 tablespoons flour  
1/3 cup water

Stir into sauce in skillet and cook, stirring constantly, until mixture thickens and comes to a boil.

Stir in: 1/3 cup sweet vermouth (optional)

Pour sauce over duck and serve with Bulgur à l'Orange.

## BULGUR à l'ORANGE

Heat in sauce pan or skillet: 2 tablespoons butter or margarine  
1/3 cup chopped onion

Cook over moderate heat until onion is straw-colored.

Add: \*\*1 cup dry bulgur  
1 cup orange juice  
1-1/4 cups water  
1/2 teaspoon salt

Cover and cook over low heat until all liquid is absorbed, 20 to 25 minutes.

Stir in: 1 tablespoon sugar

Makes 4 to 6 servings.

\*Use giblets, wing tips, neck and tail piece to prepare broth.

\*\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur and omit the 1-1/4 cups water. Cook over low heat until all liquid is absorbed.



## FISH 'N' BULGUR AU GRATIN

Cook according to directions  
on package or can:

1 cup dry bulgur or 1 can (13 ounces)  
bulgur

Turn into shallow baking dish.

Top with:

1-1/2 pounds fish fillets

### Sauce

Heat in heavy skillet:

4 tablespoons butter or margarine  
2 tablespoons chopped onion

Blend in:

4 tablespoons flour  
1 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon dry mustard

Remove from heat and stir in:

2 cups milk  
1 teaspoon Worcestershire sauce

Return to heat and stir constantly until mixture thickens and comes to a boil.

Pour sauce over fish and bulgur.

Sprinkle with:

4 to 6 ounces grated cheddar cheese

Bake uncovered in moderate oven, 350° F. for 30 to 35 minutes.

Makes 6 to 8 servings



FISH 'N' BULGUR CREOLE

Cook according to directions  
on package or can:

1 cup dry bulgur or 1 can (13 ounces)  
bulgur

Layer bulgur in baking dish.

Top with:

1 pound fish fillets

Sauce

Heat in skillet:

3 tablespoons butter or margarine

Add:

1/2 cup chopped green bell pepper  
1/2 cup chopped onion  
1 clove minced garlic  
3-1/2 cups (1 Number 3 can) tomatoes  
1 teaspoon chili powder  
1 teaspoon sugar  
1 small bay leaf  
1/8 teaspoon ground cloves  
1 teaspoon salt  
1/4 teaspoon pepper

Simmer for about 30 minutes.

Pour sauce over fish and bulgur.

Baked uncovered in moderate oven 350° F. for 25 to 30 minutes.

Makes 6 to 8 servings.

### FISH 'N' BULGUR FLORENTINE

Blend:

- 2 cups cooked or canned bulgur
- 1 package (12-1/2 ounces) frozen, chopped spinach, cooked according to directions on package
- 1/2 cup grated onion
- 1 clove minced garlic
- 3 tablespoons lemon juice
- 1 teaspoon seasoned salt
- 1 teaspoon Worcestershire sauce

Spread filling on: 8 to 10 fish fillets

Roll fillets jelly-roll fashion; secure with toothpicks. Place in shallow baking dish and dot with butter or margarine.

Bake uncovered in moderate oven 350° F. for 30 to 35 minutes.

Makes 8 to 10 servings.

\* \* \* \* \*

### FISH 'N' BULGUR PILAF

Heat in skillet: 3 tablespoons butter or margarine

Add:

- 1/2 cup chopped onion
- 1/2 cup chopped celery

Sauté until onions are straw-colored.

Add:

- 1 cup dry bulgur
- 2 cups water
- 1 pound fresh salmon, cut in cubes or strips
- 1 teaspoon salt
- 1/8 teaspoon fines herbes
- 1/8 teaspoon (scant) thyme
- 1 to 2 tablespoons lemon juice

Cover and simmer for 25 to 30 minutes.

Makes 6 to 8 servings.

### HAWAIIAN BULGUR PATTIES

Heat in heavy skillet: 2 tablespoons butter or margarine

Add: 1/3 cup chopped onion

Sauté over moderate heat until onions are straw-colored.

Add: \*1 cup dry bulgur  
1/2 teaspoon salt  
3/4 cup pineapple juice  
1-1/2 cups water

Cover and simmer over moderate heat until all liquid is absorbed, 20 to 25 minutes.

Blend in: - 3 cups chopped ham  
1/2 teaspoon dry mustard  
1/2 cup condensed cream of chicken soup

Shape mixture into 10 patties (about 1/2 cup per patty).

Arrange in shallow baking dish: 10 slices pineapple (1 Number 2 can)

Place a ham patty atop each pineapple slice. Wrap a strip of bacon around side and fasten with toothpick.

Bake in moderate oven 375° F. for about 30 minutes or until bacon is lightly browned.

Makes 10 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur and omit water. Simmer until all liquid is absorbed.

# INDIA CHICKEN CURRY PILAF

Heat in heavy skillet: 1/4 cup butter or chicken fat

Add: 1/2 cup chopped onion  
1 medium-sized tart apple--  
peeled, cored and chopped  
1 cup thinly sliced celery

Saute over moderate heat until onions are lightly browned.

Blend in: 1-1/2 to 2 teaspoons curry powder  
1/8 teaspoon ginger  
2 tablespoons flour  
1-1/2 teaspoons salt  
1/4 teaspoon pepper

Remove from heat and stir in: 4-1/2 cups chicken stock  
1/2 cup cream or milk

Return to heat and stir constantly until mixture thickens and comes to a boil.

Add: \*1 cup dry bulgur  
2 to 3 cups cooked diced chicken

Cover and simmer over low heat for 25 minutes.

Makes 5 to 6 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) dry bulgur, decrease chicken stock to 2-1/2 cups and proceed with recipe. Decrease simmer time to about 15 minutes.



# INDIA LAMB PILAF

Heat in heavy skillet: 3 tablespoons oil

Add: 3 cups cooked lamb cut in cubes  
1/3 cup chopped onion  
1/2 cup chopped tart apple  
1 clove garlic, minced

Saute' over moderate heat until meat and onions are lightly browned.

Blend in: \*1 cup dry bulgur  
1/2 teaspoon celery seed  
1-1/2 teaspoons curry powder  
1/8 teaspoon ginger  
1 teaspoon salt  
1/4 teaspoon pepper  
5 to 6 drops Tabasco Sauce  
1 can (10 ounces - 1-1/2 cups) tomato purée  
3-1/2 cups canned consomme or water

Cover and bring to boil; reduce heat and simmer slowly until thickened, about 40 minutes.

Makes 5 to 6 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur, decrease the consomme or water to 1-1/2 cups and proceed with recipe.

# ITALIAN VEAL PARMIGIANA WITH BULGUR

Heat in heavy skillet: 3 tablespoons olive or salad oil

Add: 3 cloves garlic, finely minced  
2 medium-sized onions, chopped

Saute' over moderate heat until onions are straw-colored.

Add: 1 (Number 2 can) tomatoes (2-1/2 cups)  
1-1/2 teaspoons salt  
1/4 teaspoon pepper  
1/4 teaspoon thyme  
1/4 teaspoon basil  
1 (8 ounce) can tomato sauce  
1/4 cup red wine

Cover and simmer over low heat for 30 minutes, stirring occasionally.

Cut into serving pieces: 1-1/2 pounds veal cutlet, thinly sliced

Dip each piece in: beaten egg  
Then in mixture of: 1 cup crisp cracker crumbs  
1/2 cup grated Parmesan cheese

Saute' in olive oil until nicely browned on both sides.

Turn into shallow baking dish: 2-1/2 cups cooked or canned bulgur

Top with: mozzarella cheese slices

Add about one-half of the sauce.

Layer browned veal slices atop the bulgur mixture with slices of mozzarella cheese. Add remaining sauce.

Sprinkle generously with: grated Parmesan cheese

Bake uncovered in moderate oven, 350° F. for about 45 minutes, or until nicely browned.

Makes 6 servings.

### MEXICAN BULGUR CHILI

Heat in heavy skillet: 2 tablespoons salad oil

Add: 1 pound lean ground beef  
3/4 cup chopped onion  
3 cloves garlic, minced

Sauté over moderate heat until onions are lightly browned.

Blend in: \*1 cup dry bulgur  
1-1/2 tablespoons chili powder  
1-1/2 tablespoons flour  
1 teaspoon salt  
1/4 teaspoon black pepper  
1/2 teaspoon oregano  
1/4 teaspoon cumin seed  
Few grains cayenne red pepper  
5 cups beef stock or canned bouillon  
1 cup tomato purée

Cover and simmer over low heat for about 1 hour, stirring occasionally.

Makes 4 to 6 servings.

\*To substitute canned bulgur for the dry bulgur use 1 can (13 ounces) bulgur, decrease stock or bouillon to 3 cups and proceed with recipe.

### NEW ORLEANS BULGUR JAMBALAYA

Sauté in heavy skillet  
until lightly browned:

1/2 pound pork sausages cut in  
1/2-inch lengths  
1-1/2 cups diced ham  
1/2 cup chopped onion  
1/2 cup chopped green bell pepper  
3/4 cup thinly sliced celery

Add:

\*1 cup dry bulgur  
3-1/2 cups meat or chicken stock or  
diluted canned consomme  
2 tablespoons chopped parsley  
1/4 teaspoon thyme  
1/8 teaspoon powdered cloves  
1/4 teaspoon chili powder  
3/4 teaspoon salt  
1/4 teaspoon pepper  
dash cayenne

Cover and bring to boil; reduce heat and simmer, stirring occasionally,  
until mixture is thickened, about 45 minutes.

Makes 5 to 6 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces)  
bulgur and decrease stock or consomme to 2-1/2 cups.

\* \* \* \* \*

### NORWEGIAN FISH 'N' BULGUR PUDDING

Blend in baking dish:

2 cups cooked or canned bulgur  
1-1/2 pounds fish fillets, finely ground  
1 can (10-1/2 ounces) condensed cream  
of chicken soup  
2 cups half and half  
1-1/2 teaspoons salt  
1/8 teaspoon nutmeg  
1 egg, slightly beaten

Place in pan of water and bake uncovered in moderate oven 350° F. for  
30 to 35 minutes.

Makes 6 to 8 servings.



# ROKA BULGURBURGERS

Mix: 1 egg, slightly beaten  
3/8 cup milk  
1-1/2 teaspoons Worcestershire sauce  
1/2 teaspoon salt  
1/8 teaspoon pepper

Add and mix: 2-1/2 cups cooked or canned bulgur  
1 pound ground beef

Shape into 8 patties. Brown on both sides in a heavy skillet to desired stage of doneness. Remove from skillet and keep warm.

Brown lightly in  
hamburger drippings: 1 can (2 ounces) mushrooms, drained  
3 tablespoons chopped onions

Blend in: 3 ounces Bleu cheese  
3 tablespoons flour  
1/2 teaspoon salt  
1/8 teaspoon pepper

Remove from heat and  
stir in: mushroom liquor plus enough milk to  
make 1 cup  
1/2 cup half and half

Return to heat and stir constantly until mixture thickens and comes to a boil.

Stir in: 3 tablespoons sherry (optional)

Serve each bulgurburger on half a toasted hamburger bun and top with sauce. Garnish each with mushroom slice and sprig of parsley.

Makes 8 servings.

### SCALLOPED BULGUR WITH WIENERS

Combine and mix in shall  
baking dish:

2-1/2 cups cooked or canned bulgur  
1 egg, slightly beaten  
2 tablespoons chopped onion  
1 can (10-1/2 ounces) condensed  
cream of mushroom soup  
1/2 teaspoon salt  
3/4 cup milk

Bake in moderate oven 350° F. until mixture is partially set, about  
30 minutes.

Top with: 5 to 6 wieners

Brush wieners with melted margarine or oil. Continue baking until  
wieners are lightly browned, 15-20 minutes.

Makes 5 to 6 servings.

\* \* \* \* \*

### SCOTCH HAGGIS WITH BULGUR

Simmer in water to cover  
for 1-1/2 hours:

3 lamb hearts  
1 pound lamb liver

Cool and put through food grinder.

Add:

1/2 pound minced suet  
1 cup dry bulgur  
2 medium-sized onions, chopped  
3 teaspoons salt  
2 cups meat broth or bouillon

Mix well and steam 3 hours in covered pudding mold.

## SHRIMP 'N' BULGUR ST. JACQUES

Cook according to directions  
on package or can:

1 cup dry bulgur or 1 can (13 ounces)  
bulgur

Turn into shallow baking dish.

Top with:

1 pound cooked shrimp

Sprinkle over shrimp:

1 tablespoon lemon juice  
2 tablespoons white wine  
2 tablespoons chopped parsley

### Sauce

Heat in heavy skillet:

3 tablespoons butter or margarine

Add:

2 tablespoons chopped onion  
1 cup sliced mushrooms

Sauté until onions and mushrooms are lightly browned.

Blend in:

3 tablespoons flour  
1 teaspoon salt

Remove from heat and stir in:

1 cup milk  
1 cup half and half

Return to heat and stir constantly until mixture thickens and comes to a boil. Pour sauce over shrimp and bulgur.

Sprinkle with:

grated Parmesan cheese

Bake uncovered in moderate oven, 350° F. for 25 to 30 minutes.

Makes 4 to 6 servings.

## TURKEY SUPRÊME IN RING OF BULGUR à l'AMANDE

Heat in heavy skillet: 5 tablespoons butter or chicken fat

Add: 1/3 cup chopped onions  
\*1 cup sliced fresh mushrooms

Simmer over moderate heat until onions are straw-colored, 4 to 5 minutes.

Blend in: 6 tablespoons flour

Remove from heat  
and stir in: 1-1/2 cups chicken or turkey stock  
1 cup half and half  
1 teaspoon seasoned salt  
1/4 teaspoon salt  
1/4 teaspoon white pepper

Return to heat. Cook, stirring constantly, until mixture thickens and comes to a boil. Boil gently for 2 minutes.

Add: 2-1/2 cups diced turkey

Reheat. Serve in Ring of Bulgur à l'Amande

## BULGUR à l'AMANDE IN RING MOLD

Heat in heavy skillet: 2 tablespoons butter or margarine

Add: 1/3 cup finely chopped onion

Simmer 3-4 minutes.

Add: \*\*2 cups dry bulgur  
4 cups chicken stock  
1 teaspoon salt  
1 teaspoon seasoned salt  
1/4 teaspoon pepper  
1/2 cup finely chopped almonds  
1/4 teaspoon fines herbes

Cook over low heat, stirring occasionally, until all liquid is absorbed, 20-25 minutes. Pack into 1-1/2 quart ring mold. Let stand 2 minutes. Unmold. Fill with Turkey Suprême.

Makes 6 to 8 servings.

\*1 can (4 ounces) sliced mushrooms, drained, may be substituted; use liquid as part of liquid in sauce.

\*\*To substitute canned bulgur for the dry bulgur, use 2 cans (13 ounces each) bulgur, decrease chicken stock to 1-1/2 cups and simmer until all liquid is absorbed.



UIEN MET AARDAPPELEN, BULGUR EN VERSE WORST (DUTCH STEW)

Brown lightly in heavy skillet  
over moderate heat:

1/4 to 1/2 pound sausage cut in  
1/2-inch lengths  
2-1/2 cups chopped onions

Cook until onions are straw-colored. Drain off all fat.

Add:

4 cups water  
1/2 pound potatoes, peeled and diced  
(1-3/4 cups)  
1-1/4 teaspoons salt  
1/4 teaspoon pepper  
\*1 cup dry bulgur

Cover and simmer over low heat until potatoes are tender, about 1/2 hour, stirring occasionally. Just before serving, stir in 1 to 2 tablespoons vinegar.

Makes about 4 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur; decrease water to 2 cups and proceed with recipe.

### VEAL SAUTERNE WITH BULGUR FINES HERBES

Sprinkle  
with: 2 pounds veal cutlet (1/4 inch thick)  
grated Parmesan cheese

Rub cheese well into cutlets. Turn cutlets and repeat on other side.  
Cut veal into 1 x 2 inch strips.

Heat in heavy skillet: 1/4 cup salad oil  
1 clove garlic

Brown veal strips on both sides. Remove from skillet. Discard garlic.

With oil remaining in skillet,  
blend: 3 tablespoons flour

Slowly stir in:  
1-3/4 cups canned beef bouillon  
1/2 cup Sauterne or Chablis  
1 can (4 ounces) sliced mushrooms  
2 tablespoons chopped onions  
1/2 teaspoon salt  
1/4 teaspoon pepper

Cook over low heat, stirring constantly, until mixture thickens.  
Add veal, cover and simmer gently for about 45 minutes. Serve over  
Bulgur Fines Herbes.

Makes 8 servings.

### BULGUR FINES HERBES

Prepare either dry or canned bulgur according to directions on package  
or can; add 1/4 teaspoon fines herbes and 1/8 teaspoon pepper at beginning  
of cooking. Use canned beef bouillon in place of water. One cup dry  
bulgur or one can bulgur makes about 4 servings.

## VIENNESE CHICKEN-BULGUR DINNER

Heat in heavy skillet: shortening or oil to a depth of  
1/2 inch

Cut into serving pieces  
and wash: 1 frying chicken

Sprinkle pieces with: salt, pepper

Shake in paper bag with: 1/2 cup flour

Fry over moderate heat until tender and golden brown on all sides. If crisp crust is desired, cover pan during first half of cooking, then uncover. If soft crust is desired, cover pan during most of cooking. When chicken is done, remove to hot platter.

Pour off all but 2 tablespoons of the fat.

Add: 1/4 cup chopped onion

Sauté until lightly browned

Stir in:

1 cup thick sour cream
1 tablespoon paprika
1/2 teaspoon salt
1/8 teaspoon pepper

Bring to boil.

Pour sauce over chicken.

Prepare according to directions  
on package or can: 1 cup dry bulgur or 1 can (13 ounces)  
bulgur

At end of cooking, stir in: 1/3 cup butter or margarine

Arrange on serving platter with chicken.

Sprinkle with: 1/2 cup blanched almonds, coarsely chopped  
2 teaspoons poppy seeds

Makes 4 to 6 servings.

### ARMENIAN BULGUR PILAF

Heat in heavy skillet: 2 tablespoons butter or margarine

Add: 1 small onion, chopped  
1/2 cup vermicelli

Sauté until onion and vermicelli are lightly browned.

Add: 1 cup dry bulgur  
2 cups chicken stock  
3/4 teaspoon salt  
1/8 teaspoon pepper

Cover and simmer over low heat for 20 minutes, stirring occasionally.  
After cooking, let stand 15 to 20 minutes, then heat and serve.

Makes 4 to 6 servings.

\* \* \* \* \*

### ARMENIAN PINK PILAF

Heat in heavy skillet: 4 tablespoons butter or margarine

Add: 3 tablespoons chopped onion

Sauté until onions are lightly browned.

Add: 1 cup dry bulgur  
1 cup tomato juice  
1 cup chicken stock  
1/4 cup water  
1/2 teaspoon salt

Cover and simmer over low heat for 20 minutes, stirring occasionally.  
After cooking, let stand 15 to 20 minutes, then heat and serve.

Makes 4 to 6 servings.



### BAKED BULGUR WITH CHEESE

Combine and mix in shallow  
baking dish:

2-1/2 cups cooked or canned bulgur  
1 can (10-1/2 ounces) condensed  
cream of chicken soup  
2/3 cup milk  
1/2 teaspoon dry mustard  
1/2 teaspoon salt

Grate or slice:

4 ounces sharp cheddar cheese

Stir into bulgur mixture reserving a layer for the surface. Sprinkle  
with paprika.

Bake in a moderate oven, 375° F. for 30 to 40 minutes or until lightly  
browned and bubbly.

Makes 4 to 5 servings.

\* \* \* \* \*

### BOSTON BAKED BULGUR

Combine and mix in 1-1/2 quart  
casserole:

2-1/2 cups cooked or canned bulgur  
2/3 cup condensed cream of tomato soup  
3 tablespoons molasses  
3/4 cup water or canned consomme  
3 tablespoons brown sugar  
1/2 teaspoon dry mustard  
1/2 teaspoon salt  
1 to 2 tablespoons minced onion  
1 teaspoon Worcestershire sauce

Cut in strips 1/2 inch thick: 1 to 2 ounces of salt port or bacon

Press lengthwise into surface of bulgur mixture.

Cover and bake in slow oven 325° F. for 45 minutes. Remove cover  
and continue baking about 40 minutes.

Makes 4 to 5 servings.

^  
BULGUR SUPREME AU GRATIN

Drain and reserve liquid: 1 can (4 ounces) mushroom stems and pieces

Heat in heavy skillet: 3 tablespoons margarine

Add: 1/4 cup chopped onions and drained mushrooms

Sauté over moderate heat until onions are straw-colored.

Add and mix: 2-1/2 cups cooked or canned bulgur  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1 teaspoon seasoned salt  
1 teaspoon Worcestershire sauce  
1 to 2 tablespoons sherry (optional)  
1-1/3 cups mushroom liquid plus beef stock or canned beef bouillon

Cover and bring to boil over moderate heat. Turn into 1-1/2 quart casserole.

Grate or slice: 4 ounces sharp cheddar cheese

Stir into bulgur mixture, reserving a layer for the surface.

Sprinkle with: paprika

Bake in moderate oven 350° F. for about 30 minutes or until nicely browned and bubbly. Serve as a main course casserole with a vegetable or a crisp salad.

Makes 4 to 5 servings.

### QUICKIE PILAFS

Dehydrated soup mixes with chicken, meat or vegetable flavors offer a variety of ready-to-use seasoning agents for quick pilafs. Readily available on the market are dehydrated onion, mushroom, chicken noodle, beef noodle, garden vegetable, green pea, and tomato soup mixes. Each of these imparts its characteristic flavor to the pilaf.

Prepare 1 cup of dry bulgur or 1 can (13 ounces) bulgur according to directions on package or can; add 1/2 envelope of the seasoned soup mix at beginning of preparation. Adjust seasoning to taste with salt, pepper and seasoned salt. It may be necessary to increase the water by 1/4 to 1/2 cup if the soup mix contains a starch thickener (cream of mushroom, green pea mix, etc.). A cup or more of left-over diced chicken, meat or fish, or a can of tuna fish may be added for a hearty pilaf entrée. Grated cheddar cheese or crumbled Bleu cheese, or a sprinkling of grated Parmesan cheese offer flavor variations. A tablespoon of bacon drippings adds zest to the pilaf flavored green pea soup mix. This one is especially good with wieners or ham. Curry (about 1/8 teaspoon) perks up a pilaf which is seasoned with chicken noodle soup mix and a pinch of fines herbes enhances the flavor of the garden vegetable pilaf.

These quickie pilafs are excellent dishes for camping and mountaineering menus.



### SPANISH BULGUR

Sauté in heavy skillet over  
moderate heat:

4 slices bacon, cut in 1/2-inch strips

Cook until bacon begins to brown.

Add:

1/2 to 3/4 cup chopped onion

1/2 cup chopped celery

1/2 cup chopped green bell pepper

1 clove garlic, finely minced

Continue cooking until onion is straw-colored.

Blend in:

\*1 cup dry bulgur

1 Number 303 can (1 pound) tomatoes

2 cups water

1/2 teaspoon salt

1 teaspoon seasoned salt

1/4 teaspoon pepper

1 teaspoon sugar

1 teaspoon Worcestershire sauce

Cover and simmer over low heat until most of liquid is absorbed, 20 to 25 minutes.

Makes 5 to 6 servings.

\*To substitute canned bulgur for the dry bulgur, use 1 can (13 ounces) bulgur and omit water.



BULGUR STUFFING FOR POULTRY, MEAT OR GAME

Heat in heavy skillet: 1/3 cup butter or margarine

Add: 1/3 cup chopped onion  
1/3 cup chopped celery  
1/3 cup diced tart green apple  
(peeled and cored)  
giblets, chopped

Cook over moderate heat until onions are straw-colored.

Add: 2-1/2 cups cooked or canned bulgur  
1/3 cup slivered blanched almonds  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 teaspoon poultry seasoning  
3/4 cup chicken stock or water

Cover and cook over moderate heat until all liquid is absorbed.

Makes about 4 cups dressing.

\* \* \* \* \*

PILAF STUFFING FOR POULTRY, MEAT OR GAME

Use any of the pilaf recipes on pages 36 and 39 for stuffing poultry, meat or game. Add 1/4 to 1/3 cup chopped nuts.

ARMENIAN TABULEE - AROYMEDA - SALAD WITH BULGUR

Combine:

\*1 cup fine dry bulgur or  
canned cracked bulgur  
2 cups cold water

Let stand until bulgur is soft, about 1 hour; drain off excess water.

Add to salad bowl with:

1 cucumber, peeled and diced  
2 large tomatoes, diced  
4 to 6 green onions, thinly sliced  
1/2 cup diced green bell pepper  
10 to 12 radishes, sliced  
2 to 4 tablespoons minced parsley  
1 tablespoon finely chopped mint  
1 teaspoon salt  
1 teaspoon seasoned salt  
1/4 teaspoon pepper  
1/4 cup lemon juice  
1/2 cup olive oil

Toss until dressing is well distributed.

Makes 6 to 8 servings.

\*If the dry bulgur is not available in fine grind, combine 1 cup regular dry bulgur and 2 cups boiling water; let stand until all water is absorbed, about 1 hour, then proceed with recipe.

BULGUR-CARROT-PINEAPPLE SALAD

Combine: 1-1/2 cups cooked or canned bulgur  
2 tablespoons pineapple juice

Chill.

Add: 1-1/2 cups shredded carrots  
1/2 cup drained crushed pineapple  
1/2 cup mayonnaise  
1/2 teaspoon salt

Mix well. Chill. Serve in lettuce cups.

Makes 4-6 servings.

Bulgur-Carrot-Raisin Salad

Substitute 2 tablespoons French dressing for the pineapple juice  
and 1/4 cup raisins for the crushed pineapple in above recipe.

### BULGUR COLE SLAW

Blend: 2 tablespoons vinegar  
1/2 cup mayonnaise  
1-1/2 tablespoons grated onion  
3/4 teaspoon celery seed  
2-1/4 teaspoons sugar  
3/4 teaspoon salt  
1/8 teaspoon white pepper

Add and mix well: 2 cups finely shredded cabbage  
1-1/2 cups chilled prepared bulgur

Serve in lettuce cups with garnish of tomato wedges.

Makes 4 to 6 servings.

\* \* \* \* \*

### BULGUR DUTCH CUCUMBER SALAD

Combine in salad bowl: 2 to 3 cups chilled prepared bulgur  
1-1/2 cups diced cucumbers  
1/4 cup sliced green onions  
2/3 cup thinly sliced radishes

Blend: 1 cup sour cream  
1 tablespoon tarragon vinegar  
(or lemon juice)  
1 teaspoon salt  
1/8 teaspoon white pepper  
1 teaspoon sugar

Toss with the bulgur mixture and top with a dash of paprika.



### BULGUR SALAD

Blend: 2-1/2 cups prepared bulgur  
3 tablespoons French dressing  
3 tablespoons chopped sweet pickle  
1/2 teaspoon salt  
1/8 teaspoon pepper

Chill.

Add and mix: 1-1/2 cups thinly sliced celery  
1/4 cup chopped green bell pepper  
2 chopped hard-cooked eggs  
1 to 2 teaspoons minced onion  
2/3 cup mayonnaise

Serve on bed of lettuce; garnish with tomato wedges. For a hearty main course salad, add a can of tuna fish or some diced cooked meat or poultry.

\* \* \* \* \*

### BULGUR TOSSED SALAD WITH CELEBRITY SALAD DRESSING

Prepare according to directions  
on label:

1 can (13 ounces) bulgur

Combine in salad bowl:

2-1/2 cups chilled prepared bulgur  
1 to 2 heads lettuce, coarsely broken  
3 large tomatoes, diced  
1 avocado, diced  
1 cup thinly sliced radishes

Drizzle with Celebrity Salad Dressing and toss until ingredients are well-coated with dressing.

Makes 8 to 10 servings.

### CELEBRITY SALAD DRESSING

Blend: 1/4 teaspoon powdered garlic  
3 ounces Bleu cheese  
3/4 cup Durkees Famous Sauce  
1 bottle (8 ounces) French dressing  
1/2 teaspoon salad herbes  
1/2 teaspoon pepper

### CHEF'S BULGUR SALAD

Blend: 2-1/2 cups prepared bulgur  
1/3 cup French dressing  
3 tablespoons chopped sweet pickle  
1/2 teaspoon salt  
1/8 teaspoon pepper

Chill.

Blend: 1/3 cup chopped green bell pepper  
1 cup thinly sliced celery  
1 to 2 teaspoons minced onion

Serve on bed of salad greens which have been tossed with French dressing. Top with strips of cold boiled ham or tongue, cold chicken or turkey and strips of Swiss or American cheese.

Makes about 6 servings.

\* \* \* \* \*

### HOT BULGUR SALAD

Sauté until lightly browned  
and crisp:

6 slices bacon

Add:

2-1/2 cups prepared hot bulgur  
1/3 cup diced green bell pepper  
1 cup thinly sliced celery  
1 tablespoon minced or grated onion  
1/3 cup chopped sweet pickle

Moisten with:

French dressing

Serve with wieners or hamburgers.

Makes about 6 servings.

### BULGUR APRICOT DELIGHT

Mix in saucepan:                      \*1 cup dry bulgur  
   1 cup apricot nectar (or juice)  
   1 cup water  
   1/4 teaspoon salt

Cover and cook over low heat until all juice is absorbed, stirring several times during cooking.

Stir in:                                      3 tablespoons sugar

Cover and continue cooking over low heat for 5 minutes. Chill.

Stir in:                                      1 tablespoon lemon juice

Layer bulgur alternately with Eggnog Sauce. Top with a half apricot.

Makes 6 servings.

### EGGNOG SAUCE

Beat until thick and  
lemon colored:                              1 egg

Add gradually:                              1/2 cup sugar

Fold in:                                      2 tablespoons sherry or rum (optional)  
   1/2 cup heavy cream, whipped

\*To substitute canned bulgur for the dry bulgur, cook 1 can (13 ounces) bulgur according to directions on can, substituting 3/4 cup apricot nectar or juice for the water called for in directions. After cooking is completed, stir in 3 tablespoons sugar; cover, and continue cooking over low heat for 5 minutes.



### BULGUR INDIAN PUDDING

Mix together in

2-quart casserole:

2-1/2 cups cooked or canned bulgur  
1/2 teaspoon salt  
1/2 teaspoon cinnamon  
1/4 teaspoon ginger  
1/8 teaspoon cloves  
1/3 cup sugar  
1/2 cup molasses  
3 tablespoons butter or margarine  
1/2 cup raisins (optional)  
1 large can (14-1/2 ounces)  
evaporated milk  
1 cup water

Cover and bake in slow oven, 325° F. for 45 minutes; remove cover and continue baking for about 45 minutes. Serve with whipped cream or ice cream.

Makes about 6 servings.

\* \* \* \* \*

### BULGUR PARFAIT

Mix in saucepan:

\*1 cup dry bulgur  
2 cups water  
1/2 teaspoon salt

Cover and cook over low heat until all water is absorbed, 20 to 25 minutes, stirring several times during cooking.

Stir in: 1/3 cup sugar

Cover and continue cooking over low heat for 5 minutes. Chill.

Layer bulgur alternately with chocolate sauce or crushed pineapple in a parfait glass. Top with whipped cream. Garnish with maraschino cherry or sprig of mint.

Makes 6 servings.

\* To substitute canned bulgur for the dry bulgur, cook 1 can (13 ounces) bulgur according to directions on can. Increase water to 3/4 cup. After cooking is completed, stir in 1/3 cup sugar, cover and continue cooking for 5 minutes longer over low heat, then chill.



### BUTTERSCOTCH BULGUR BAVARIAN

Blend in saucepan: 1 package (1 tablespoon) gelatin  
1/4 cup water

Stir in: 2/3 cup brown sugar  
1-1/2 cups evaporated milk  
1/4 teaspoon salt

Cook over low heat, stirring constantly, until gelatin and sugar dissolve. Do not boil.

Remove from heat and add: 1-1/2 cups prepared bulgur  
1 teaspoon vanilla

Chill until thick but not firm.

Fold in: 1/2 cup heavy cream, whipped

Turn into a mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if desired, with whipped cream and pecan halves.

Makes 6 servings.

\* \* \* \* \*

### CHOCOLATE BULGUR BAVARIAN

Blend in saucepan: 1 package (1 tablespoon) gelatin  
2 tablespoons water

Blend together: 2-1/2 tablespoons cocoa  
3/4 cup sugar

Add to gelatin mixture.

Stir in: 1-1/2 cups milk

Heat until gelatin and sugar dissolve, stirring frequently. Do not boil.

Remove from heat and add: 1-1/2 cups prepared bulgur  
1 teaspoon vanilla

Chill until thick but not firm.

Fold in: 1/2 cup heavy cream, whipped

Turn into mold which has been brushed with salad oil. Chill until firm. Unmold and garnish, if desired, with whipped cream and a few candied cherries.

Makes 6 servings.

## FRUIT AND BULGUR DELIGHT

Prepare according to directions  
on package or can:

1 cup dry bulgur or 1 can (13 ounces)  
bulgur

Cover and cook over low heat until  
all water is absorbed.

Stir in:

1/4 cup lemon juice

1/3 cup sugar

Cover and continue cooking over low heat for 5 minutes. Chill.

Add:

\*2 cups sliced summer fruit

1/2 teaspoon vanilla

Fold in:

1-1/2 cups whipped cream

Makes 8 servings.

\*Fresh strawberries, peaches, apricots, raspberries or a combination  
may be used.

### OLD-FASHIONED BULGUR-RAISIN PUDDING

Combine in baking dish:

- 2-1/2 cups cooked or canned bulgur
- 1-1/2 cups evaporated milk
- 1-1/2 cups water
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon mace
- 1/2 cup seedless raisins

Cover and bake in moderate oven 325° F. for 45 minutes; remove cover, stir and continue baking uncovered for about 45 minutes or until nicely browned.

Makes 5 to 6 servings.

\* \* \* \* \*

### PINEAPPLE-BULGUR BAVARIAN

Blend in saucepan:

- 1 package (1 tablespoon) gelatin
- 1/3 cup sugar

Stir in:

- 3/4 cup pineapple juice
- 1-1/2 tablespoons lemon juice

Cook over low heat until sugar and gelatin dissolve. Do not boil.

Add:

- 1/3 cup drained crushed pineapple
- 1-1/2 cups prepared bulgur
- 1/4 teaspoon vanilla

Stir in:

- 1 cup milk

Chill until thick but not firm.

Fold in:

- 1/2 cup heavy cream, whipped

Turn into mold which has been rinsed with cold water. Chill until firm. Unmold and garnish, if desired, with whipped cream and a few mint leaves.

Makes about 6 servings.

VETEGROT -- NORWEGIAN BULGUR PUDDING

Combine in top of double boiler:      1-1/2 cups milk  
                                 1 cup half and half  
                                 1/4 teaspoon salt  
                                 1/2 cup dry bulgur

Cook over boiling water 1 hour. Stir several times.

Blend in:                      1/2 cup sugar  
                                 1 teaspoon vanilla  
                                 1/2 cup currants

Beat until thick and lemon-colored:      1 egg

Fold into bulgur mixture. Turn into serving dish.

Sprinkle with mixture of:      1/4 cup sugar  
                                 1/4 teaspoon cinnamon

Top with:                      chopped toasted almonds

Dot with:                      currant or strawberry jelly

Makes about 4 servings.



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